

## MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES DIVISION OF NUTRITIONAL HEALTH AND SERVICES

## **NUTRITION ASSESSMENT FOR INFANTS: BIRTH THROUGH 6 MONTHS**

DATE	NAME OF	INFANT		AGE	If goal met che	is <u>NOT</u> eck box		
✓ Check all feeding type(s) that apply:						ESSMENT COMPONENTS (assess for patterns)		
☐ Breastfeeding ☐ Breastmilk ☐ Formula						The American Academy of Pediatrics recommends exclusive breastfeeding from birth to 6 months. 0-3 mo. 4-6		
If formula, what kind:						Breastmilk, iron-fortified formula, and/or low iron		
How is it mixed?						formula with appropriate iron supplement. Appropriate amount for age.		
Time	Feeding/Food			of BF <u>OR</u> Formula	2	No inappropriate foods (i.e. solids, juice) before months.	4	
			Anton	Torritura	3	4-6 months: cereal, vegetable and/or fruits fed, u a spoon	use	
					4	4-6 months: nutritious foods and appropriate beverage fed, of appropriate consistency & amount No honey.	unt.	
					5	Hours between breast and/or formula feedings: 0-2 mos.: 1- 3 hrs. 2-3 mos.: 2-4 hrs. 4-6 mos.: 3-4 hrs.		
					6	Number of breast and/or formula feedings in 24 hours: 0-2 mos.: 8-12 times 2-3 mos.: 6-10 times 4-6 mos.: 6-8 times (Additional feedings may or may not be approprie evaluate other parameters.)	iate;	
					7	Extra water, when given, does not exceed 4-8 or per day when started on solid foods or in hot weather for formula-fed or partially breastfed infants. (Extra water is generally not recommend for infants under 6 months of age or for the exclusively breastfed infant.)		
					8	Use a cup for liquids (other than breastmilk/formu	ula).	
					9	Baby held for all bottle feedings.		
					10	Mix formula according to physician's or manufacturer's directions		
					11	Safe water supply or boiled water used. Washes hands. Leftovers are thrown out. Breastmilk storat room temperature no more than 4 hours; refrigerated breastmilk used within 5 days. Prepared or mixed formula stored at room temperature for no more than 2 hours, refrigerate formula used in less than 48 hours or as specific by manufacturer.	ed	
					12	Wet diapers - at least 6 in 24 hrs. Stools - 0-6 weeks: 2-5 in 24 hrs. After 6 weeks: Daily to weekly (Less frequent stooling needs further assessment.)		
Total oz. Breastmilk/ Total Number of Times BF:				13	For infants fed at the breast: Tummy to tummy, mouth opens wide, mouth nearly covers areola, chin/nose to breast, lips curved outward, Mom hears swallowing.			
			ional: Assess	sment of	overa	all feeding practices		
			outh, roots for	breast, m	oves	tongue & mouth (smacking sounds), hands c	lenched in fist	s, crying
(Baby pu	ou know if your b shes breast (bott ne restricted.)		head away fr	rom breas	st (bot	ttle), has relaxed mouth & hands. Length of I	breastfeeding	s do not
Color of s	stool?		Breast	feeding: y	vellow	Formula: yellowish/greenish/brownish		
0-1 month	s receiving no br n: 20-24 oz. ns: 30-33 oz.	1-2 month	nilk, average a hs: 24-28 oz. hs: 32-34 oz.	amounts	of dail	y formula intake are listed: 2-3 months: 28-30 oz.		
STAFF SIGNATURE TITLE  ▶						D	DATE	

MO 580-1077 (2-02)

NHS-NPE 19



## MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES DIVISION OF NUTRITIONAL HEALTH AND SERVICES

## **NUTRITION ASSESSMENT FOR INFANTS: 7-11 MONTHS**

DATE	NAME O	F INFANT				AGE	If goal met ch	is <u>NOT</u> eck box	
✓ Check all feeding type(s) that apply:  ☐ Breastfeeding ☐ Breastmilk ☐ Formula					ASSESMENT COMPONENTS (assess for patterns)  The American Academy of Pediatrics recommends breastfeeding to at least 1+ year(s) with solid foods beginning at 6 months.  7-11 mo.				
If formula How is it	a, what kind: mixed?				1	Breastmilk, iron-fortified formula, and/or low iron for appropriate iron supplement. Appropriate amount for			
LIST ALL FEEDINGS IN 24 HOURS					2	Honey is not fed, added to liquids, solid foods or placed			
Time	F	eeding/Food	d Length of Amt of		3	pacifier.  Feeding food or beverages such as bread/cereal gr			
						vegetables, fruits/juice, and/or meats of appropriate consistency and amount.			
					4	Solid foods were introduced prior to 7 months of ag	e.		
					5	No foods low in essential nutrients, high in calories caffeine-containing foods or beverages given routing			
					6	Dependable iron source is fed daily (iron-fortified cameat, iron-fortified formula, oral iron supplement.)	real,		
					7	Use a spoon to feed all solids.			
					8	Use a cup for liquids (other than breastmilk/formula	).		
					9	Infant began finger feeding by 7-9 months.			
					10	Number of breast and/or formula feedings in 24 hot 4-6 times. (Additional feedings may or may not be appropriate; evaluate other parameters).	ırs: About		
					11	Extra water, when given, does not exceed 4-8 oz. p when solid foods are started or in hot weather for fo or partially breastfed infants.			
					12	Bottles: breastmilk and/or formula only			
					13	Baby held for bottle feedings (no walking with bottle propping, or napping/sleeping)	, no		
					14	Mix formula according to physician's or manufactur directions.	ər's		
					15	Safe water supply or boiled water used. Washes hat Leftovers are thrown out. Breastmilk stored at room temperature no more than 4 hours; refrigerated bre used within 5 days. Prepared or mixed formula stor temperature no more than 2 hours; refrigerated formula in less than 48 hours or as specified by manufacture.	n astmilk red at room mula used		
Total oz. Breastmilk/ Total Number of Times BF:									
	or hunger cues. E	do not need to be restr	ricted.			all feeding practices tongue & mouth (smacking sounds), hands clen	ched in fis	ts, crying	
For infan	its receiving no b	reastfeeding or breastr	nilk, average a	mounts	of dail	y formula intake are listed:			
7-8 mont	ths: 26-32 oz.	8-10 mon	ths: 26-28 oz.			10-12 months: 20-24 oz.			
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